

Care Plan: Initial Consultation

For: Gabby Hunwick

Date: 07/05/25

38 weeks pregnancy (EDD 14/5/25)

Summary of consult

1. *Blood test results (Jan 2025) reviewed*

- **Haemoglobin 114** - Low (borderline iron infusion territory*) optimal is 115-120 in preg
- **RCC (Red cell count) 3.48** - Low (shows the oxygen transport capacity) optimal 4-5
- **MCV (size of red blood cells) 100** - High (cells too large, reflective of B12 def) optimal 88-95
- **Vitamin B12 - 282** Low - optimal is 600+
- **Active Vitamin B12 93** - optimal 100+
- **Ferritin (stored iron) 8** - Low, especially with borderline haemoglobin = "iron deficient". You also entered your preg with insufficient stores (~36) so these were used up quickly
- **Vitamin D 100** - optimal is 120-150
- **Low magnesium 0.69** - optimal 0.9-1.0
- **Thyroid function:** high-normal results; needs retesting in postpartum

It's difficult to know where all these levels are now (plus you've been supplementing) without a current blood test. True Iron-Deficient Anaemia in Pregnancy = Ferritin <13, Hb 100 (in Trimester 3)

Definitely look to retest at 4-6 weeks postpartum if possible.

2. *Discussed postpartum recovery:*

• **Meal prep nutrients for postpartum**

When we think of 'healing after birth', we often think about the obvious areas. But the healing extends well beyond our vagina, or stitches or caesarean wound. There's also all the connective tissues of our body. These too, need both time and nutritional support to heal, recuperate and remodel after pregnancy and birth.

They include the uterus, the pelvic ligaments, the abdominal and pelvic floor muscles, the skin, the vagina, the perineum or the multiple tissue layers involved in a caesarean. Just having an uncomplicated, normal, physiological birth requires the perineum and pelvic floor muscles to stretch 3 times from their normal position to accommodate the baby's birth. If those tissues have been torn, or cut through an episiotomy, or there's multiple layers of a surgical wound (in a caesarean) this will require additional recovery time and nutrients.

The connective tissue of the body, ie. the ligaments attached to the uterus and cervix and those around the pelvis, have also been stretched to accommodate the growing size and weight of the uterus and baby. These are also stretched during the birth process. Then there's the skin of the growing belly and breasts. These also need to regain their elasticity. In the first 2 weeks after birth, the organs also get busy reorienting themselves. The key nutrients to support this entire plethora of connective tissue healing after pregnancy and birth include **protein, collagen, vitamin C vitamin A, vitamin D and zinc.**

1. PROTEIN provides amino acids that are the building blocks for all tissue growth. Animal based proteins are 'complete proteins' because they contain all 9 essential amino acids. This means they can't be made by the body so we must get them through our food.

- ◆ Quality sources include red meat, poultry, organ meat, fish, seafood, eggs, dairy products (e.g. milk, cheese, yoghurt) and a good quality protein powder Plant proteins are considered 'incomplete proteins' and have a much lower protein concentration a gram-for-gram compared to animal proteins.

- ◆ Sources: beans, lentils, seeds, nuts, edamame, tempeh, soy products and plant-based protein powders.

***Protein powder** (optional, but recommended): I've added my favourite to your script at Rener so you can access if you wish. It's easy to mix into yoghurt, smoothies etc to bump up daily protein intake.*

2. COLLAGEN is the most abundant protein in the body. It's used to make connective tissue like bone, teeth, skin, muscles, tendons, cartilage. Collagen contains amino acids such as glycine, protein, hydroxyproline - all required for the intensive tissue repair after birth. Incorporating high collagen foods help provide healing properties for all wounds to heal optimally. Be it from a caesarean, an episiotomy or a 2nd degree tear.

- ◆ Found in bone broth, slow cooked meats (casserole meat cuts/pulled pork/whole fish etc) and/or collagen powder*.

***Bone broth:** I like Best of the Bone brand, comes in different flavours or natural. I've added the 'natural' to your script, but also check out other flavours. You can have a teaspoon in water like a soup/broth drink (this works better with flavoured varieties) or use 1-2 tablespoons (any variety) when cooking sauces, soups, casseroles, curries etc to increase the nutritional impact.*

***Collagen powder** (again, optional but recommended and added to your Rener script), this dissolves well in liquid (and is flavourless) so can be added to various things; add to warm drinks, sauces/soups/ stews, mix through yoghurt etc.*

3. VITAMIN C is required for all phases of wound healing. It's needed for the bio synthesis of collagen and is also involved in protein metabolism.

- ◆ Found in fruits and veggies (raw or lightly steamed) like broccoli, capsicum, berries, kiwifruit or natural forms vitamin C powders with kakadu plum, camu camu, acerola berry.

I've added my favourite, Raw Wholefood Extracts Vitamin C to your script at Rener Health to consider.

4. VITAMIN D supports mood, hormones, is anti-inflammatory and supports the immune system.

- ◆ Found in egg yolks, grass-fed butter, fatty fish (eg. salmon, sardines) and mushrooms.

In fact, you can even place your store bought mushrooms in the midday sun for 1-2 hours to increase their vitamin D content before using them! Even if your diet is rich in vitamin D, we can only absorb a certain amount from food. The very best source of vitamin D production in our body is sunlight on our skin; try 15-20min of sun exposure on thighs and stomach to stimulate your natural Vit D production.

I've also increased your Vit D dosing given stage of pregnancy and change in season.

5. ZINC is an essential mineral for postpartum for many reasons! Its role in healing is multifactorial. It's needed for both collagen and protein synthesis, plus immune defence and scar formation, all of which are essential for regenerating and repairing tissue.

- ◆ Found in oysters, clams, red meats, organ meats, fish, tahini/sesame seeds and pumpkin seeds.
- ◆ It's also found in whole grains, legumes and other nuts/seeds.

3. Other suggestions

- Aim for 2L per day of fluids (water, herbal teas, [electrolyte power](#))
 - Add Dandelion leaves to your herbal tea mix - aim to drink 3 cups of this per day. Dandelion leaf (dried) is a natural diuretic and also potassium-rich. This can help with your fluid retention of late pregnancy. Check Manna whole foods for dried Lemon Balm.
 - Add 1-2 tablespoons of Beef Liver powder (added to Rener script). This contains iron co-factors (copper, vitamin A) that supports how iron works in the body.
 - Your postpartum bundle purchase from The Mamawise Store contains 2 great herbals for nervous system support (Baby Moon and Calm Mama). These can both be continued on for 6-8 weeks.
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Your Prescriptions

I have added these to your script at Rener Health so you can order from there for refills, as many of these are to be continued throughout postpartum recovery and breastfeeding. Doses to be reviewed after your postpartum blood tests.

** Denotes previously prescribed by another practitioner.*

*** I would suggest stopping the Clinical Lipids (omega-3) as your iron levels (already established as low in your pregnancy) increase your risk of bleeding (at birth/postpartum).*

You can also continue on your Ultra Flora, SB Pro, Femex Forte and Eagle SelenoForte as previously prescribed. Let me know if you need me to add these to your script also.

Product	PREVIOUSLY PRESCRIBED	ADJUSTED Dosage instructions	How long to take it
PURE NATAL *	Pre/postnatal sup	Take 1 cap with lunch.	Until advised
BIOHEME *	Highly available iron	Take 2 caps each night before bed	Until advised. Follow-up blood test in postpartum.
VITAMIN D *	Support Vit D requirements in pregnancy	Take 2 caps (i.e 2000 IU) 2 x day. Take when you're having your Magnesium	Until advised. Follow-up blood test in postpartum.
CLINICAL LIPIDS *	Concentrated Omega3 supp with EPA & DHA. Important for baby and to replenish maternal stores (mood, nervous system, cognition, anti-inflamm).	** Stop as now 38 weeks ** Begin again after birth for breastmilk Omega 3 supply Take 1 cap, 2 x day with meals. <u>Keep in fridge</u>	Continue whilst breastfeeding
SUBLINGUAL B12 *	Highly bioavailable B12	Dissolve 1 tab under tongue 2 x day	Until advised. Follow-up blood test in postpartum.

Next time

Please get in touch around 4-6 weeks postpartum by email and I'll send through a list of the blood tests to get requested. I'll also send you my **Blood Test Guide**. This covers how to prepare for your blood test, when to have done etc to ensure greater accuracy of results. We can meet up again once these tests are done and results are though.